

TRAINING COURSE

BE THE CHANGE

SLOVAKIA, TRNAVA

15. - 24. 11. 2019



Aim

"Be the change" is here to help youth workers to more easily identify different stereotypes, concepts and patterns that are influencing young people and themselves mostly in a negative way.

Youth workers will be given tools coming from mindfulness, coaching, NLP & conflict management which they can use in their work in order to help the young people break the patterns & stereotypes and in order to improve their daily life as well.

Through experiential learning we want our participants to better understand themselves and as a consequence to better understand the others

Pattern

Pattern is a particular way in which something is done or organized, or in which something happens. Patterns form our personality from the day we are born. Consciously and unconsciously. They help us to understand the world, but they can also be harmful. We usually take them from our environment, families, and friends very unconsciously.

Mindfulness

Mindfulness is the psychological process of bringing one's attention to experience fully being in the present moment, which one can develop through different practices and training. Focusing on the present helps to truly live and get over the past and future .

Stereotype

Stereotype is any thought widely adopted about specific types of individuals or certain ways of behaving intended to represent the entire group of those individuals or behaviours as a whole. It may or may not accurately reflect reality.

You will have the opportunity to develop

- Mindfulness techniques
- Communication skills
- Personal development skills
- Cooperation & Conflict management techniques
- Maximising ones' potential
- Knowledge of emotions
- Organisation and planning skills
- ... and more!



Participant's profile

Apply if:

- You are 18+ years old
- You are a resident of: Czech Republic, Croatia, Germany, Greece, Italy, Romania, Serbia, Slovakia, Spain or The Republic of North Macedonia
- You are a youth worker / mentor / coach / trainer / volunteer working with specific target groups of young people
- You are dedicated, interested in the topic, ready to support other participants and fully participate in preliminary preparation + training course + follow-up (dissemination of the project outcomes locally)

PROGRAMME



DAY 1 - 3

Patterns &
Stereotypes,
Here & now
with(in) me,
Importance of
emotions



DAY 4 - 5

Working with
others -
Family, Society
& Culture
Influences



DAY 6 - 7

Local
embracement,
Positive
approaches,
Sharing is
caring



DAY 8

Coming back
Follow-up
Evaluation &
Closing

TEAM



Filip Knazek (SK)

Filip is experienced soft-skills facilitator working with youth and university employees. He is intensively focusing on self-development and his favourite topics are self-love, trust and life patterns on which he is organising his own local public workshops in the city of Brno. He also works on topics such as communication, personality types, body language & movement, conflict management, presentations skills, leadership, intercultural differences, mindfulness and many more. He believes that one has to always start from him/herself in order to help and understand others.



Monika Zajickova (CZ)

Monika has years of experience with working with people from different backgrounds. Currently Monika goes through training as coach and facilitator. She is intensively engaged in self-development both through Erasmus + projects and local leisure activities - for example in NGOs Mindfulness Club and World Peace Initiative Foundation, where she volunteers and organizes workshop.

Venue & Accommodation



- The training course will take place in a beautiful historical city of Trnava
- Trnava is called as the "Slovakian Rome", because of its catholic importance and the number of churches in the centre
- It is located just 45km from the Slovakian capital Bratislava
- You will be accommodated in the rooms of 3 at the **Hotel Phoenix**, which will be also our training venue



Training Timeframe

Arrival

You should arrive to the venue by 7.pm on the 15th November

Training course days

The training course itself starts at 10 am. on the 16th November and ends after the dinner on 23rd November

Departure

You should leave the accommodation by 10 am. on the 24th November

We expect you to participate in the whole programme. (It means coming later or leaving earlier is not allowed)



TRAVEL COSTS

**275€ - Italy, Germany, Spain, Croatia,
Greece, Romania, The Republic of North
Macedonia**

180€ - Czech Republic, Serbia

20€-Slovakia

After you get confirmation letter that you were selected, please send first your travel proposal (nearest airports are in Bratislava, Vienna and Budapest) to email apply@adelslovakia.org. Keep in mind, that your travel should be as cost-effective and eco-friendly as possible. Only after approval, you can book your tickets. We will not accept flight tickets booked through travel agencies and the tickets that were not approved by us.





REIMBURSEMENT

According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the slide above, depending on the place you are travelling from and its distance. **If your travel costs are lower or same as this amount, you get reimbursement of 100%** of your real travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. We recommend to look for your tickets as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance. Though we need to approve them before you pay for them (see slide above).

To be eligible for reimbursement, we ask you to **keep all your tickets, boarding passes and invoices (originals). ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!**

We will only reimburse your travel cost if you participate in the all parts of the trainig course (preliminary part, training curse, follow-up).

PARTNER ORGANISATIONS

Croatia (3pax)

Czech Republic (2pax)

Germany (3pax)

Greece (3pax)

Italy (3pax)

Romania (3pax)

Serbia (3pax)

Slovakia (3 pax)

Spain (3pax)

The Republic of North

Macedonia (3pax)

Lota's box

Brno Connected

Jugend, Bildung und Kulture

United societies of Balkans

High on Life

Asociatia TEAM 4 Excellence

EDUFONS

A.D.E.L. Slovakia

Foehn Desarrollo Association

**Center for Youth Education and
Mediation**

***pax=participant**

APPLICATION AND SELECTION

If you decided to join, fill in our **application form** and wait for the confirmation letter from us.

Last day to apply is the 20th of September. The selection is going to happen in cooperation with partner organisations.

Do NOT book any tickets before you get an official confirmation letter with more practical information regarding booking your tickets.



**Application deadline
is 20th September
2019!**

**APPLY
HERE**

Contact

apply@adelslovakia.org

Contact person: Lucia Redajova

If you have any questions, feel free to
contact us!





Erasmus+

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If you are interested to find out more, go to website:

https://ec.europa.eu/programmes/erasmus-plus/about_en.

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